



**Full Life**<sup>™</sup>  
*Small miracles. Extraordinary lives.*



# Annual Report

**Full Life in 2012**  
**An Annual Report to the Community**





## MISSION

Full Life Care is dedicated to enhancing the quality of life for frail elders and people with chronic or terminal illnesses and disabilities. We respect the dignity of our participants and provide for them with care and compassion.

We are committed, through our program of health and social services, to the independence and well-being of all participants and to providing respite for caregivers.

## VISION

Full Life is working toward a future where adults with serious illnesses or disabilities can be supported in the community rather than living in isolation or needing to resort to institutional care.

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## Full Life Care

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**[www.fulllifecare.org](http://www.fulllifecare.org)**

## Message from the Leadership

Every year, Full Life Care's dedicated staff provides an array of essential services, and our volunteers reaffirm our commitment to keeping people as healthy as possible and living in the community.

It takes a highly-trained team to provide care to frail elders, and people with memory loss, developmental disabilities, acquired brain injury, multiple sclerosis, mental illness and many other chronic conditions. Nurses and occupational therapists provide skilled interventions in our adult day health centers, dementia care specialists work with the residents in our memory care homes, and psychiatric ARNPs and mental health clinicians enable us to provide community-based behavioral health services. Scores of case managers, assistants and aides are integral to our programs.

And so are our volunteers. Full Life and its programs benefit from the gifts of time and expertise of myriad volunteers, from our dedicated board members to individuals who visit our sites and share their talents with our clients. A special group of volunteers are our full-time volunteers.

In 2012, Full Life was fortunate to receive invaluable support from members of the Lutheran Volunteer Corps and Jesuit Volunteer Corps. We reached a milestone in developing volunteerism in our agency when Washington Service Corps awarded Full Life 10 AmeriCorps positions through its Healthy Futures Special Initiative.

These full-time volunteers had an amazing effect on our program participants, their families, and our community partners. The volunteers recently reflected on their year of service, and we're happy to share some highlights in these pages. Healthy living, smoking cessation, alleviation of depression and community engagement are themes that figure prominently in their work with Full Life participants.

And, of course, their work continues: some are pursuing health-related degrees or community-service positions at other agencies; others are continuing on at Full Life. But they are all committed to making the world a better place, and we are honored to be in partnership with them.

Donations from supporters like you help us meet the needs of the thousands of families who rely on us. The gift of time from the volunteers who give their all, day in and day out, positively impacts our budget and immeasurably enriches the lives of our participants, residents, family caregivers, and the staff of Full Life Care. Thank you all, for making our work possible.



*Mike Brandeberry*

**Mike Brandeberry**  
President, Board of Directors



*Nora Gibson*

**Nora Gibson**  
Executive Director

## LOOKING FORWARD TO JEFF AND SUSAN BROTMAN ON SEPTEMBER 24, 2013



**Full Life is proud to welcome Jeff and Susan Brotman as the guest speakers at our annual fundraising breakfast.**

(See back cover for details.)



Jeff and Susan will be sharing stories and discussing why giving back to the community

is important to them, and their personal connections to aging and long-term care.

It's not too late to reserve your seat or table. Please RSVP by September 17, 2013 to Meggie LaValley at [meggie@fulllifecare.org](mailto:meggie@fulllifecare.org) or 206.224.3749.

*“I'm really looking forward to seeing my good friends Jeff and Susan speak at this year's breakfast. They are respected leaders in this community and have a lot to share. You don't want to miss it.”*

— *Joe Gaffney, Advisory Board Member and long-time supporter*

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# BY THE NUMBERS

## ADULT DAY HEALTH

49,953 days of service provided at centers in King and Snohomish counties.

## CARE CONSULTATION

Care Consultation provided to 58 families, helping them plan care for older adults and persons with Alzheimer's disease or multiple sclerosis.

## HOME CARE

210,000 in-home hours were provided to 325 clients.

## SOLSTICE BEHAVIORAL HEALTH

Solstice provided mental health services to 325 clients, including Seattle Housing Authority residents who are at risk of losing their housing.

## VOLUNTEERS

675 volunteers, including 10 full-time service members, gave 36,035 hours of service. Their contribution is valued at \$794,690 in support of Full Life Care.

## IN CELEBRATION OF OUR 2012-2013 FULL-TIME VOLUNTEERS

*I began a weekly healthy lifestyle group for women with development disabilities. I brought in two nursing students and we worked with the clients to develop weekly goals related to healthy eating habits and exercise. Now, the clients are more motivated to make healthy eating choices and to exercise on a more regular basis. For example, one client who has quite a sweet tooth decided on her own to only have one piece of pie on Thanksgiving and save the second (or third) piece to have on separate days. After spending time with our clients, I realize I want to continue working with persons with disabilities. And helping them one-on-one has me excited about pursuing further schooling and a career in occupational therapy.*

### **KARIN HOLMGREN**

WSC AmeriCorps | Health Education Specialist | South Seattle Adult Day Health

*ElderFriends matches elders with friendly volunteer visitors who help relieve isolation and loneliness. At our participants' request, we organized a small group event. I and volunteer Christy Bridges arranged a small group of elders to attend the Ladies Musical Club event at the Frye Art Museum. We met an hour before the event to get coffee and chat at the Frye's café. The elders and volunteers seemed to appreciate the chance to socialize with each other as much as they enjoyed the performance!*

### **KRYSTA SA**

WSC AmeriCorps | Community Engagement Coordinator | ElderFriends

*Working with a Microsoft team on Day of Caring, we helped a senior couple with limited mobility. We did everything from shampooing the carpet to pressure-washing the deck to trimming trees and cleaning up the yard. The couple was very grateful and overjoyed. It was a great team effort!*

### **NEERAJA SAHAY**

WSC AmeriCorps | Volunteer Outreach Coordinator | Eastside Friends of Seniors, subgrantee



From left to right: Nate Renner, Krysta Sa, Jeffrey Reidhead, Karin Holmgren, Laura Henry

“ I facilitated the Writing Lab, where clients can grow as writers while forging new friendships. The real payoff is when someone drafts a short memoir. Sometimes they share painful experiences, but there is a certain power in the writing and telling of their story that allows them to take ownership of the experience. When another member of the group tells the writer that they have gone through something similar, there is a shared sense of relief and healing.”

**NATE RENNER**

WSC AmeriCorps | Community Health Coordinator | Solstice Behavioral Health

“ We joked that I was a “matchmaker,” because I paired volunteers with elders for friendly visits. But I also loved experiencing our program firsthand with my own ElderFriend, Helen Lindholm. We often walked around Pike Place Market, going to Starbucks for a coffee, all the while talking about our families, current events, and stories of our lives.”

**LAURA HENRY**

Lutheran Volunteer Corps | Match Coordinator | ElderFriends

## IN CELEBRATION OF OUR 2012-2013 FULL-TIME VOLUNTEERS

“Some residents at Gaffney House and Buchanan Place cannot participate in structured art activities or even have a conversation. In seeking to enrich their lives, I felt as though I had struck gold when I discovered the power that babies can have in the lives of persons living with dementia. One of the volunteers who visits with her baby says, “When I walk in, everyone’s faces light up. A smiling baby makes everyone smile.” Baby visits are a simple, incredibly effective activity for residents with dementia. Many of them respond with strong, positive emotions, and their moods remain elevated far beyond the visit itself.”

**KERRY GEORGE**

WSC AmeriCorps | Resident Engagement Coordinator | Memory Care Homes





*PEARLS is an evidence-based program to treat mild depression in older adults. With a particular client, we talked through deep emotions and worked through simpler issues that may have been in the way of her experiencing happiness. The client truly learned to deal with difficult situations and seems to have found a kind of peace and happiness that she hasn't known for years. She is now blossoming and returning to activities she engaged in when she wasn't depressed. I am incredibly proud and lucky to have met this motivated individual and help in her successful outcome.*

**BECKY WILLIAMS**

WSC AmeriCorps | Client Service and Resource Coordinator | Everett Adult Day Health

*I've been challenged to realize that as important as quantity of life is, what good is this without considering the quality of life? Through working with the adult day health clients and learning all their stories, it has instilled within me a passion to continue working for causes which serve disadvantaged, marginalized, and vulnerable populations.*

**ANGELA KO**

WSC AmeriCorps | Client Service and Resource Coordinator | North Seattle Adult Day Health

*Seattle Housing Authority implemented a no smoking policy that improved the health and wellness of its non-smoking residents, but it proved challenging for people who continue to smoke. I and a Full Life Care service coordinator, along with Seattle & King County Public Health, arranged meetings in several SHA buildings to discuss smoking cessation resources. Residents (who were often also friends and family members) helped smokers who were at risk of losing their housing because of the new policy. They discussed the challenges of quitting smoking and provided essential peer support. We also explored other elements of a healthy lifestyle, such as getting enough sleep and exercise, and eating fruits and vegetables.*

**JEFFREY REIDHEAD**

WSC AmeriCorps | Wellness Services Coordinator | Solstice Behavioral Health

## SUPPORTERS COMING TOGETHER FOR OUR 2012 EVENTS



### BEER FOR A CAUSE— APRIL 12

Over 400 Full Life supporters gathered at World Sports Grille for Beer for a Cause. Guests enjoyed cold beer and fine wine and won prizes including Alaska Airline tickets and a big screen TV. Event Chair Victor Morassi and Event Co-Chair Cheryl Swartz helped ensure the success of this event, which raised \$27,500 in support of Full Life programs.





## **BENEFIT BREAKFAST—OCTOBER 11**

Full Life hosted its most successful fundraising event ever, held at the Seattle Sheraton. Thanks to Breakfast Chair Jesse Bond, Breakfast Co-Chair Karen Lewis-Smith, and 65 hardworking table captains, the room was full with barely an empty seat. Over 650 benefactors turned out to support our mission, raising over \$227,000. Rick Steves spoke about his travels across Europe, his vision for a healthy community, and his mother and the care she received at Full Life.

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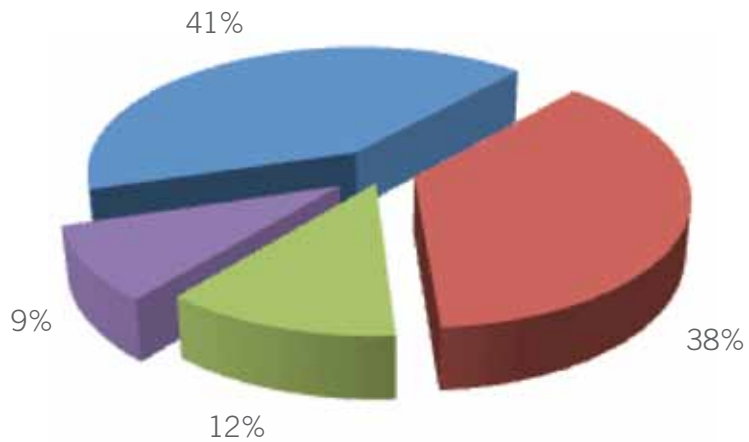
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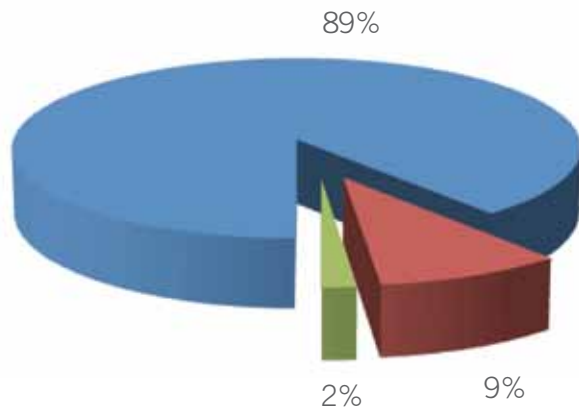
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**Guest Speakers: Jeff and Susan Brotman**



Jeff Brotman is a founder of Costco Wholesale and a number of other specialty retail chains. He is a former director of Seafirst Bank, Starbucks Coffee Company, The Sweet Factory and Garden Botanika.



Susan is a former Nordstrom executive and is known for her volunteer work. She served as chair of the board of directors for the Pacific Northwest Ballet and chaired the PNB Endowment campaign and Foundation board.

**RSVP by September 17, 2013:**

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